

Barking and Dagenham YellowAdvertiser



EST. 1976

Thursday, July 14, 2011

www.FlyDaily.co.uk

Why Pay More?

Go Online... see the difference!

DUBAI	fm £341	MUMBAI	fm £388
NEW YORK	fm £401	DELHI	fm £410
NAIROBI	fm £415	BANGKOK	fm £428
COLOMBO	fm £437	AHMEDABAD	fm £438
COCHIN	fm £440	LAGOS	fm £445
AMRITSAR	fm £449	KOZHIKODE	fm £455
JO'BURG	fm £495	CAPE TOWN	fm £518
KINSHASA	fm £621	SINGAPORE	fm £623

Tel: 020 8220 7557

WIN A GYM MEMBERSHIP

See p2



FREE FITTING ON ALL FIREPLACES, GAS FIRES AND SELECTED STOVES



ONE WEEK ONLY

ORTEGA SURROUND INC INSTALLATION £895

Fireplace TRADE CENTRE

Opening times:
Mon-Sat: 9.00am - 5.00pm
Sun: 10am - 4pm

90 RAINHAM ROAD
RAINHAM, ESSEX
RM13 7RJ

01708 559453

FREE PARKING right outside the showroom
www.fireplacetradecentres.co.uk

MOTOR TRADERS

ARE YOU PAYING TOO MUCH FOR YOUR INSURANCE?

**020 8471 0933
01708 48443/8**

C&M INSURANCE CONSULTANTS

Regulated by F.S.A



DIGGING IN: Teacher, Andrea Kelman, with pupils at Dorothy Barley Infant School.

Picture by Roy Tillet

GROWING THEIR OWN

A FOOD growing programme has been launched at a Dagenham school.

Teachers and pupils at Dorothy Barley Infant School, in Davington Road, were joined by local councillors for the harvest of its first potato crop on Wednesday.

An area in the school grounds has always meant to be a vegetable patch, but a lack of funding has left the area uncultivated.

However, investment from McCain Foods means the school can now exercise its green fingers and are growing potatoes and other vegetables as part of an initiative to educate pupils about where food comes from.

Headteacher Shan Evans said: "It's vital that children, particularly those in non-rural areas, are given the opportunity to understand how the food they eat reaches their

plate, otherwise there is a risk that they'll grow up thinking vegetables arrive pre-packed from their local supermarket.

"This is not just a chance for the kids to get their hands dirty - the growing programme is a great way to engage pupils with nature and teach numeracy, history, science and geography in a fun, inspiring way."

Each of the 15 classes at Dorothy

Barley have been designated their own vegetable patch to take care of. The class that harvests the most produce, determined by weight, will be in line to win a prize.

McCain Foods developed and supplied the 'Learn More With Food Galore' teaching booklets for schools and also provided seeds and gardening equipment, including rakes, spades and watering cans.

Museum success

THE refurbished Valence House Museum has proved to be a big hit since reopening in June last year.

Almost 30,000 people have passed through its doors in the last 12 months, with guest messages left by people from across the globe.

The museum is open from Monday to Saturday, 10am to 4pm. There is a free Meet the Romans event on Saturday, July 23 - call 020 8227 2034 for more.

Town show fun

THE annual Dagenham Town Show takes place this weekend.

The family-friendly event, which runs from 11am to 7.30pm on Saturday and Sunday at Central Park, will feature The Real Thing, Beverley Knight and Black Eyed Peas and Katy Perry tribute acts.

There will also be a whole host of displays, performances and attractions across the weekend - for a full brochure, visit www.lbbd.gov.uk

Charity partners

HAVEN House Hospice is the new charity partner of World Snooker.

Barry Hearn, chairman of World Snooker, visited the hospice today (Thursday) to officially seal the deal until next May.

Mr Hearn said: "I am delighted to be able to support such a wonderful charity.

"We are working with Haven House Hospice on a range of initiatives and are aiming to raise a minimum of £120,000."

Becontree, Becontree Heath, Chadwell Heath, Creekmouth, Rush Green, Parsloes Park, Upney

INSIDE this week



**Young pianist
picks up
YOPEY award**

page 4

YellowAdvertiser

**Yellow Advertiser Ltd,
Acorn House, Great Oaks,
Basildon, Essex SS14 1AH.**

The office is open between 8.30am-
5.30pm from Monday to Thursday and
until 5pm on Friday.

Editor: Greg Fidgeon
Publishing director: Scott Wood
Distribution manager: Rob Rolfe
Switchboard: 01268 503400
Advertising: 01268 503450
Fax: 01268 503418/9 and 503455
Editorial: 01268 503468
E-mail: barking@yellowad.co.uk
Fax: 01268 503480
Distribution: 01268 503380
Leaflet sales: 01268 503386
For all reader travel bookings and
enquiries call 0845 226 7747

Tindle Newspapers Ltd

Printed by Newsquest, Worcester. The Yellow
Advertiser Ltd is registered as a newspaper by
Royal Mail.

Recycled paper made up 80.3 per cent
of the raw material for UK newspapers
in 2005.



Competition

WIN! A membership to Gymophobics Romford

WHILE many women want to
lose weight, tone up and
improve their health, a large
number of them shy away
from conventional gyms.

Research by Gymophobics
has discovered 73 per cent of
women find gyms intimidat-
ing, 69 per cent don't want to
exercise alongside men and
39 per cent find most gyms
full of young, slim girls who
made them feel old and fat.

Gymophobics in Romford is
different, thanks to its
'women only' policy and its
unique 30-minute workout
programme.

Gymophobics attracts thou-
sands of women of all ages,
shapes and sizes and has
friendly, mature instructors -
who are all women too!

A massive 85 per cent of its
members had never been to a
gym before, but since step-
ping through its doors and
enjoying a Free Personal Tour,
have returned time and again
to achieve the figure they
want, drop dress sizes and
improve their health.

Gymphobics is run by real
women just like you, who are
all united in their passion to
ensure you achieve your goals
in a fun, friendly and non-

intimidating environment.

Its 30-minute workout,
which is simple to fit into
everyday life, is easy and fun
to do, and as Gymophobics
believes VIP service should
be at an affordable price, full
membership works out at less
than £1 a day!

So, if you shy away from
conventional gyms, and are
looking for a fun female envi-
ronment instead, why not give
Gymophobics in Romford a
try?

For further information
about Gymophobics Romford
call 01708 749444 or visit
www.lovegymophobics.co.uk

For your chance to win a
six-month membership to
Gymophobics Romford, or
one of two runner-up prizes of
three-months membership
and one-month membership,
just answer the following
question:

**Q: What percentage of
women find gyms
intimidating?**

A: 53 per cent

B: 63 per cent

C: 73 per cent

To enter the competition,
telephone your answer - A, B
or C - to 0901 307 1679 along
with your name, address and



telephone number.

Alternatively text YAGYM
(space) followed by A, B or C,
and your name and address to
63333.

Calls cost 51p from a BT
landline. Calls from other net-

works may vary and from
mobiles will cost considerably
more. Texts cost 50p plus your
standard network rates.

If you do not wish to receive
details on any other products
or services, please text EXIT

at the end of your message.

Lines close on Thursday,
July 21, 2011.

Entries received after the
closing date will not be count-
ed but you may still be
charged.

25% OFF*

EVENT

15th - 16th July

**PLUS
£5 OFF!**

When you spend over £40
on your next purchase

Valid from 15th July - 23rd July 2011

Bearer is entitled to £5 off purchase when spending a
minimum of £40 ex. VAT in a single transaction. Only one
voucher per customer. Voucher can be used only once.
Voucher must be redeemed by 23rd July 2011.
See in-store for details.

Dulux
Decorator Centres
Behind Britain's GREAT! decorators



- Quality brands including **Dulux, Cuprinol and Polycell**
- **12,000** Dulux colours to choose from
- **MASSIVE** range of feature wallcoverings
- **GREAT** service and advice
- **FREE** delivery for online and store orders**

**Collect Nectar points
on all purchases**

nectar business



*Discount is off shelf edge price ex. VAT. Not available on account terms,
cash sales only. Products must be paid for at time of purchase. Not to
be used in conjunction with any other offers or promotions. Excludes
Glidden EDLP and other exclusions apply. See in-store for details. Valid
from 15th - 16th July 2011 only. **Free delivery for online orders over £50.

**Available
in-store and
online**



**Find your local Dulux
Decorator Centre at:**

Barking

Unit 8, Alfreds Way Industrial Estate,
Alfreds Way, Barking, Essex IG11 0AS
Tel: 0208 591 2570

www.duluxdecoratorcentre.co.uk



Follow us on
Twitter@DuluxDecCentre



[www.facebook.com/
duluxdecoratorcentres](http://www.facebook.com/duluxdecoratorcentres)

Dulux
Decorator Centres
Behind Britain's GREAT! decorators



BATTY: PCSO Lee Bartle with children from Thames View Infant School.

Swapping the beat for bats

A PCSO has swapped the beat for bats by running a cricket scheme at a local school.

Lee Bartle, of Thames Safer Neighbourhoods Team, has been visiting children at Thames View Infant School, Bastable Avenue, Barking, to run an after-school cricket session.

The initiative is designed to

engage youngsters in sport from an early age, diverting them from less productive activities and encouraging them to appreciate 'teamwork'.

Since starting the sessions, the children have learned to bowl, bat and work together as a team.

Headteacher Paul Jordan said: "We work very closely with our local Safer Neighbourhoods Team.

"PCSO Bartle's involvement at the school not only provides a great role model for the children, but also strengthens the school's position at the very heart of the community."

Mr Bartle said: "I have really enjoyed seeing these promising youngsters develop their skills and confidence on the cricket pitch.

"When I was their age, the police

didn't visit schools to speak to us.

"I believe that by interacting with children at this age, we can promote a better understanding of what police do, and through the sport element, deter them away from crime and into more rewarding and socially acceptable pastimes, giving them the opportunity to reach their full potential."

GARAGE DOORS
CRAZY SALE MADNESS
TOP OF THE RANGE AUTOMATIC REMOTE CONTROLLED
INSULATED ROLLING GARAGE DOOR RRP £2,150
NOW JUST £699
INC VAT & FITTED FREE
TO SEE THIS AMAZING DOOR WHICH OPERATES WITH A
SIMPLE PUSH OF A HAND-HELD REMOTE CONTROL
TEL: 01245 361676
Essex-Herts-Suffolk-Cambs-London

TURF & TOPSOIL
AND BUILDING SUPPLIES
Turf- 2 grades
Turf Laying Service Available
Topsoil **TOP QUALITY**
3 GRADES
AGGREGATES
Sharp Sand 20mm Stone
Builders Sand 10mm Black + White Shingle
Softwash Sand Cement - 25 kilo bag
Ballast Type One
10mm Shingle Crushed Concrete
20mm Shingle Flint Road Plannings
Childrens Play Sand
BARK AND PLAY BARK
INDIAN SANDSTONE
SLATE Coloured Granite Chippings, Cotswold Stone,
Scotch Cobbles, Railway Sleepers New & Old,
Fences, Posts and Panels
JOHN A PROBERT & SON
FOR BEST PRICES & DELIVERY CALL
TEL: 01268 287254
or 01277 636377
Mob: 07809 554486
Greenleas Farm, London Road,
Billericay CM12 9HP
www.johnaprobert.co.uk
email:johntheturf@aol.com

Great value Travel Offer!

The English Lakes Bank Holiday Breaks
Departs 26 August 2011

Make the most of the Bank Holidays on these great value four day breaks! You'll see the breathtaking Lake District with its majestic mountains, flawless lakes and lush green valleys, enjoy the sea air in the floral resort of Southport, have time to explore historic Chester plus lots more!

Includes • Return coach travel • Three nights' bed and continental breakfast accommodation at the Holiday Inn, Warrington • A full day tour of the Lake District • Visits to Southport and Chester • A tour of Last of the Summer Wine country • The services of a Tour Manager

Single supplements apply

4 days from £179.00

You can now book online at:
www.newmarket.travel/yel15178
To request a brochure or to book by credit card call,
quoting code **YEL 0843 316 1109**

Lines open: Mon - Fri 9am - 7pm
Sat 9am - 4pm • Sun 10am - 2pm

Newmarket Promotions Ltd
ABTA V7874
Call's charged at 4p per min.

or request your brochure online at:
www.newmarketbrochures.co.uk/yel

THE ADULT STORE
Exchange old for new
R18 DVDs for
just £10
Well over
3000 titles
to choose
from.
Polite, friendly,
professional staff

SUMMER SALE!
*Buy one item get
2nd HALF PRICE
with this advert*

HERBAL VIAGRA 100% SAFE 100% GUARANTEED!

4 Bennetts Castle Lane
Dagenham RM8 3XU

Also at
23 Broadway
Little Thurrock
Grays RM17 6EW
01375 399255

Over 18s
ONLY

Open
10am - 7pm
Mon-Sat

www.essexsexstores.com

U-FIT WINDOWS
SUPPLY ONLY WINDOWS TO THE TRADE & RETAIL

U-FIT WE HELP

Standard:-

- Shoot bolt locks
- Internal Glazed
- 'C' Energy Rated
- Anti-Bump / Anti-Pick Door Locks

Optional:-

- All woodgrain colours
- Survey • Delivery
- Feature or Bevel Frame
- 'A' Energy Rated

**Pay Much Less...
... For The Very Best!**

Bays & Bows • Patio & French Doors • Resi-Doors • Bi-Fold Doors

	£154 1800x1200"		£127 1200x1200"		£59 600x1000"
--	---------------------------	--	---------------------------	--	-------------------------

MADE TO MEASURE • ANY DESIGN • MATCHING WINDOW / DOOR FURNITURE

	£430 French Door 1800x2100"		£185 1800x1200"		£230 Residential Door 900x2100"
--	--	--	---------------------------	--	--

*All prices above are white PVCu, glazed and exclusive of VAT

SPECIAL OFFER! SPECIAL OFFER!

JUST £430 **HIGH SECURITY COMPOSITE DOOR**
whilst stocks last *in any colour!*
(red, blue, black, green, light oak, rosewood)

PRICE PROMISE
If you find you could have paid less elsewhere locally for your purchase within 7 days we'll gladly refund the difference!

CONCEPT HOUSE
BILLET LANE
(OPPOSITE SAINSBURY)
HORNCHURCH

EVERYTHING ON DISPLAY

PHONE OUR QUOTE LINE
01708 463 580
www.conceptwindows.co.uk



Witness appeal after bus attack

DETECTIVES need help trying to identify the culprits responsible for a violent disorder onboard a bus in Romford.

Police say a man threw a rock at the top deck front windscreen of the bus, then re-boarded and threw rocks at passengers.

He got off at South Street.

The bus in question was a

route five double decker, which starts out in Romford and travels through Ilford onto Canning Town.

The incident took place on Monday, May 29, at 4.40am.

A Metropolitan Police spokesman said: "We're now releasing the images of suspects responsible for causing a violent disorder, having had no luck

circulating within the police network."

If you recognise anyone in the images above, call 020 3054 5500 or Crimestoppers anonymously on 0800 555 111.

HELP NEEDED: These men are responsible for causing a violent disorder on a bus.

www.masterrobes.co.uk

For Beautiful Bedrooms
Tel. 01708 222216 Design • Manufacture • Install



- Visit our fully fitted showroom with over 12 displays
- All doors & interiors are made to measure in our own factory
- D.I.Y or fitted by our own qualified fitting staff
- Full range of colours, maple, beech, tobacco etc with matching chests & dressing tables
- 10 year guarantee

SHOWROOM OPEN:

Mon - Sat 9.30 - 5.00
7 Station Road, Upminster,
Essex. RM14 2SJ

203 High Road,
Chadwell Heath, Romford,
Essex RM6 6NY

MASTER ROBES PRICE PROMISE

BRING IN ANY QUOTE FROM SHARPS OR HAMMONDS AND WE GUARANTEE TO BEAT IT ON PRICE AND QUALITY



ROLLERGLIDE SLIDING DOORS

YOUR NEW WALK-IN SHOWER CUBICLE

Fitted in a day • No Mess • No Fuss
at prices you can afford



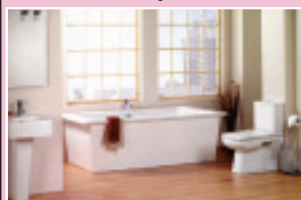
ESSEX SHOWERS
PHONE FREE NOW
0800 212350

YOUR NEW BATHROOM

Your new bathroom, supplied and fitted to your specification,
Including tiling

All work carried out by our own fitters

Installation completed within four days at prices you can afford



ESSEX SHOWERS & BATHROOMS
PHONE FREE NOW
0800 212350
SPECIAL NEEDS BATHROOMS
ALSO SUPPLIED AND FITTED

You Can Trust Essex Showers



COME STRAIGHT TO US

We specialise in leaflet design, print and distribution

We will design, print and distribute your promotional leaflets alongside our weekly distributed free newspapers. Call us to discover how we can promote your business most cost effectively by targeting your potential customers.

To find out more about this unique service call us today on:

Telephone:

01268 503386

YellowAdvertiser

REDHOUSECOMPUTERS.BIZ

REDHOUSECOMPUTERS.BIZ
REDHOUSECOMPUTERS.BIZ



SUPER SUMMER DEALS On...

PCs, Laptops, Netbooks, LCD Screens,
Accessories, Networking, PC Service!

CHECK OUT OUR WEBSITE TODAY!

Visit Our Showroom
& Service Center! 01375 892885

The RedHouse, Brentwood Road, Orsett,
Essex, RM16 3BP - A128 - A13 - Orsett Cock Junc.



A1. WINDOW REPAIRS

WHY CHANGE IT IF
YOU CAN REPAIR IT

- Misted up double glazed units?
- Broken hinges, handles & locks?
- Want to exchange your clear glass with leaded lights?

Also replacement Windows, Doors,
New Windows & Conservatories

FENSA
Registered Company

We will better any quote

www.windowsrepaired4u.co.uk

0800 801520



YellowAdvertiser
for your local
News, Sport & Leisure

BOOT SALE
ARENA ESSEX
ESSEX LARGEST HARD STANDING
ALL WEATHER
A1306 Arterial Road, Purfleet RM19 1AE
(Next To Lakeside Shopping Centre)
EVERY SATURDAY
6am to 2pm
Cars £10, Vans £15, Trailers £3, Buyers Free - Free Parking
Refreshments / Toilets
www.car-boot-sale-essex.co.uk
enquiries: 07910279926

Great value Travel Offer!



New England in the Fall
Great Value Escorted Tour
Departures in October 2011
An unforgettable journey through the New England countryside ablaze with the reds, yellows and gold of the fabled 'Fall Foliage'. Our holiday includes visits to elegant Boston, incomparable New York and a meandering tour through the colours of New Hampshire. Stunning scenery - and stunning value.
Includes: • Return transatlantic flights to New York from London Heathrow • Six nights' accommodation at comfortable touring hotels • Visits to New York & a full day in Boston • Scenic journeys through the New England countryside, including the lakes & mountains of New Hampshire • Comfortable coach travel throughout • Tour Manager services
Single supplement applies

8 days from £799
You can now book online at:
www.newmarket.travel/yel15012
To request a brochure or to book by credit card call,
quoting code **YEL 0843 316 1109**
Lines open: Mon - Fri 9am - 7pm
Sat 9am - 4pm • Sun 10am - 2pm
Newmarket Air Holidays Ltd
ABTA V7812 • ATOL protected 2125
Calls charged at 4p per min
or request your brochure online at:
www.newmarketbrochures.co.uk/yel

TOURS RUS
PRICES FROM
LATE SHOPPER AIDENKIRK
Tuesday prices from £30
AIDENKIRK EXPRESS
Thursday/Saturday prices from £30
BRUGGE/OSTEND
Sunday, Ferry £30
AMSTERDAM 16th July and 20th August 2011
From £39.00 Up to 10 hours Free Time
DISNEYLAND RESORT IN PARIS
20th AUGUST, 2011 • 9 hours Freetime
Child from £62.00 • Adult from £72.00
We operate a daily service to London Victoria
Call **01268 591 833**
for details or visit **www.toursrus.uk.com**
UNITS 3+4 MILLS COURT,
SWINBORNE ROAD, BURNT MILLS
INDUSTRIAL ESTATE, BASILDON, SS13 1EH

UKbreakaways
Over 130
UK hotels
from
£20
per night half board

Folkestone
GRAND BURSTIN HOTEL
• Seafront • Entertainment • Indoor pool • Car park • Lift
3 DAYS 2 NTS DINNER, B&B FROM
Fridays 22, 29 Jul
5, 12, 19 Aug
2, 9 Sep **£69.95**
5 DAYS 4 NTS DINNER, B&B FROM
Mondays 25 Jul
1, 8, 15 Aug
22, 29 Aug **£149.95**

Gt Yarmouth
PRINCES COURT HOTEL
• Central position • Seafront • Lift
3 DAYS 2 NTS DINNER, B&B FROM
Fridays 22, 29 Jul
5, 12, 19 Aug
2, 9 Sep **£65**
5 DAYS 4 NTS DINNER, B&B FROM
Mondays 25 Jul
1, 8, 15 Aug
22, 29 Aug **£129.95**

Sussex Coast
Camber Sands
• Indoor pool • Entertainment
• Car Park • CHILD UNDER 2 - £10,
CHILD 2-15 £30 OFF
4 DAYS 3 NTS DINNER, B&B FROM
Fridays 22, 29 Jul
5, 12 Aug
19, 26 Aug **£65**
5 DAYS 4 NTS DINNER, B&B FROM
Mondays 25 Jul
1, 8, 15 Aug
22, 29 Aug **£79.95**

To have your event considered for publication, send the details AT LEAST 10 DAYS before the issue date to: What's On, Yellow Advertiser, Acorn House, Great Oaks, Basildon, SS14 1AH. You can e-mail us at: letters@yellowad.co.uk PLEASE NOTE: We cannot guarantee that all entries will be included. However, you can add the details of your event to our website at www.yellowad.co.uk

Saturday, July 16
■ Open Day - Upminster Windmill, The Mill Field, St Mary's Lane, Upminster, 2-5pm, free conducted tours, stairs steep, children under 5 not permitted above ground floor, children 5-16 years must be in the care of a responsible adult, no dogs except blind dogs, also open Sunday July 17: 0300 030 1803.
■ Open Day - Upminster Tithe Barn, Hall Lane, Upminster, 10.30am-4pm, admission free, enquiries Ian 01708 500600.
■ Summer Fete - Ascension Church, Collier Row (opposite library), 10am-2pm, various stalls and attractions include refreshments/cream teas, plants, jams, bouncy castle, barbecue, free children's corner.
■ Jumble Sale - 8th Squirrels Heath Scouts, Kingsland Hall, r/o Santander, Station Road, Harold Wood, 11am-1pm, admission 20p.
Sunday, July 17
■ Open Day - Upminster Tithe Barn, Hall Lane, Upminster, charity day, variety of stalls attending, 10.30am-4pm, admission free, enquiries Ian 01708 500600.
■ Free Guided Walk - Model Dwellings, Protest and a Hint of Gentility - the Village Borders, meet 2pm, outside Vestry House Museum, Vestry Road, Walthamstow, led by members of Walthamstow Historical Society, free, no booking required. 07792 750017.

Monday, July 18
■ Devotional Meeting - Hosted by Baha'i Faith, 12 Lytton Road, Romford, 10.30am, open to all. 01708 446297.
■ HATG Ladies Choir - Fairkites, Billet Lane, Hornchurch, meet 1.30-3.30pm every Monday, new members welcome. 01708 445463.
■ Rehearsal - The Roding Players Orchestra, Roding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329.
■ Forest Highlanders - The Forest Highlanders Pipes and Drums, St Cedds Church, Seven Kings, every Monday 8pm. 020 8529 0453.
■ Chingford and Walthamstow Chess Club - Priory Court Community Centre, every Monday 7.30pm, details Tony 020 8524 0827.
■ Bingo - Friday Hill Community Association, Coney Burrows Community Hall, Friday Hill, E4, every Monday and Wednesday 1.30pm.
Tuesday, July 19
■ Tree Care - James Leal Centre, Ray Park, Snakes Lane East, Woodford Green, 10.30am-2.30pm, adults. 020 8559 2316.
■ Guided Tour of Gardens -

Valentines Mansion and Gardens, Emerson Road, Ilford, 11.30am-12.30pm, all welcome, £3 each.
■ Meeting - Soroptimist International East London Club meets at Valentines Mansion, Emerson Road, Ilford, 7pm, further details 020 8551 0180.
■ Meeting - Havering Scrabble Club, New Windmill Hall, St Mary's Lane, Upminster, 7.15-10.30pm, all levels welcome, further details Cindy 01277 822050 or Ron 01708 347040.
■ Blind or Partially Sighted? - Come and meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, every Tuesday 12.30-4pm, details 01708 724067 or 07939 603437.
Wednesday, July 20
■ Meditation Group - South Woodford, meditation instruction from a qualified instructor, discussion and occasional recorded talks, free of charge, donations welcome, every Wednesday 7.30-9pm. 07940 131572.
■ Time-4-U - The Royals Youth Centre, The Broadway (Tesco underpass), Rainham, 'drop-in' facility Wednesdays 7.30-9pm, advice and support to families, friends, siblings and youngsters who have to care for an Alcohol/Drug Abuser, no need to book, confidentiality assured, qualified counsellors. 07765 273440.
■ Wings for Women Support Group - For women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, details 020 8556 7111 or 020 8923 7498.
■ Hard of Hearing? - Meet us at Yew Tree Resource Centre, 20 Yew Tree Gardens, Romford, Wednesdays 12.30pm onwards, details 01708 724067 or 07939 603437.
Thursday, July 21
■ Positive Thinking Workshop - Harold Wood Neighbourhood

Centre, Thursday evenings 7-9pm, all welcome, no experience necessary. £5. RSVP 07404 974609 or essexmeetup@gmail.com.
■ Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, £1.50 a session, mainly for people who have had a sad loss to make new friends. 020 8594 6439/020 8594 6409.
■ Short Mat Bowls - Havering-atte-Bower Hall, Havering-atte-Bower, Thursdays 9.30am, Mondays 7.30pm. 01708 782080.
■ Fitness for Fun - Kelmscott Leisure Centre, Markhouse Road, E17, Thursdays 8-9pm, play team sports, first session free, details Carmel 020 8521 3765.
■ Keep-fit in Retirement - St Andrew's Church Hall, Hornchurch, Thursdays 11.30am-12.30pm. 01708 222266.
Friday, July 22
■ Evening Walk - Ramblers West Essex Group, meet 6.30pm, Embankment, in front of Royal Festival Hall, 3 miles through City to Brick Lane with some commentary, curry for those who wish to eat.
■ Bereavement Support Group - Vestry, Holy Cross Church, Hornchurch, every Friday 1.30-3pm. 01708 443800.
■ Sea Rangers - Fairlop Lake, Forest Road, Hainault, sailing, canoeing, kayaking and rowing, Fridays 7-9pm, girls 10 plus.
■ Widows and Widowers Social Support Group - The YMCA at Roneo Corner, Romford, every Friday, further details call Brenda on 01708 228141.
■ Friendly Club - Pensioners Club at United Services Club, Blake Avenue, Barking, Fridays 12.30pm-3pm, all welcome. 020 8517 6256.
■ Pipes and Drums - Waltham Forest Pipe Band, Royal British Legion, 31 Dunton Road, Leyton. Fridays 8pm. 020 8520 1727.

Looking For Something? Lost Something? Need Someone?
Selling, buying, sharing, looking or loving.
It's all in your classifieds
FREEAD
Every Tuesday £1.60
Ask your local newsagent

The Wizard of Oz
London Theatre Breaks
HOTEL & TICKET OFFER - Departs until Sep 2011
Includes • One night's B&B at the three-star Days Hotel, Waterloo (a range of central London four-star hotel upgrades and extra nights are also available for a supplement) • A ticket for The Wizard of Oz at The London Palladium (ticket upgrades available)
Single supplement applies
2 days from £79.00

Book online: www.newmarket.travel/yel16456
For brochure requests & to book by credit card call:
0843 316 1109 quoting code **YEL**
Lines open: Mon - Fri 9am - 7pm • Sat 9am - 4pm • Sun 10am - 2pm
NEWMARKET Holidays
ABTA
or request a brochure online at:
www.newmarketbrochures.co.uk/yel
Newmarket Promotions Ltd • ABTA V787X • Calls charged at 4p per min

YellowMotors

www.yellowadvertiser-today.co.uk

Caravans / Motor Homes / Mobile Homes

FREE CARAVAN HOLIDAY HOME

THIS IS A GENUINE OFFER!

At Oaklands Holiday Park, nr Clacton, Essex, we have a limited number of caravans to GIVE AWAY. All you have to pay is a standard connection charge and site fee and you can enjoy park life for 2011. Call today for this fantastic caravan offer!

Hurry limited stock, call now or miss out!

0845 815 9786
Local call rate.

Caravans / Motor Homes / Mobile Homes

4 BEDROOM CARAVAN FOR SALE

At Seawick Holiday Park, Nr Clacton-on-Sea, Essex. Sleeps up to 10 people, unique caravan, ideal for large families.

£10,000

inc bills paid until 2012

CALL NOW
0845 815 9716

Caravans for Sale / Wanted

FABULOUS STATIC CARAVAN

£6995

35ft x 12ft, 3 bedrooms, lounge/diner, kitchen and bathroom. Sited and ready to move in, on friendly Essex coastal park. Pool, club, fishing lake and private slipway. Excellent condition, first see will be, move in for the holidays.

CALL
07740 247514

Caravans for Sale / Wanted

HALF PRICE CARAVANS

plus
**HALF PRICE
2011 SITE FEES**

own your own from

£5000

St Osyth Beach Holiday Park, Nr Clacton, Essex

01255 820782

Cars Wanted

MOTORBIKES WANTED

Good or bad. Anything considered.

MoT or not.

01708 555929

7 days – Within the hour pick-up

To advertise
in this section
please
telephone

YellowAdvertiser

01268 503400

Mobile Mechanics

ANYTIME ANYWHERE MECHANICS

**SERVICING &
BREAKDOWN**

07836 762959

Mobile Timing Belts

Is Your
Timing Belt
Due For
Renewal?

**NO
VAT**

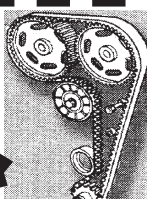
In most cases Belt failure will result in expensive engine damage

FIESTA/FOCUS Zetec	from £130
FOCUS 1.8 Diesel (Kit)	£135
PEUGEOT 206/SAXO/CLIO	from £125
PEUGEOT/CITROEN HDI	from £165
VAUXHALL DTI	£140
ASTRA/VECTRA/ZAFIRA 16v (Kit)	£175
GALAXY/VW TDi (Kit)	from £200
MEGANE Scenic 16v	£175

Phone for advice on recommended replacement intervals

Tel: 077401 92608 (days)
01708 852375 (evenings)

Supplied, fitted and guaranteed at your home or your workplace
30 Years Experience



Motorised UK LTD

FULL SERVICE FROM

£39.95

- Including VAT and parts excluding Turbo/diesel (P.O.A)
- Fully qualified technicians
- Emission check
- Engine tuning
- All work guaranteed

FULL SERVICE INCLUDING MOT FROM ONLY

£59.95

- inc VAT & Service Parts
- Passenger CARS
- July/August 2011 only
- any other vehicles (poa)

Timing belts advised on manufacturers intervals

- Welding • Clutches • MoT
- Suspension pump up

GoodGarageScheme.com

MOTORISED UK LTD

Motts Lane, rear of 1144 Green Lane,
Dagenham

Tel: 020 8593 3004

Visit us at www.mot-service.com



OPEN 6 DAYS
MON-FRI 8am-6pm
SAT 8am-1.30pm

**OPEN BANK
HOLIDAYS**

• **BOOKINGS BY
APPOINTMENT**

**MOT'S
£35**

**INCLUDES
FREE RETEST
WITHIN
10 DAYS.**

**PLEASE CALL FREE ON
0800 0266 983**

**FOR ALL ENQUIRIES
AND
BOOKINGS AT OUR
EXPENSE
NOT YOURS!!**

**OPEN BANK HOLIDAYS
BY APPOINTMENT**

To advertise
in this section
please
telephone

01268 503400

YellowAdvertiser

The image is a promotional graphic for A1 Scrap. At the top, there are two stylized green pyramids, each with the letters 'A1' and 'SCRAP' written on its face. Below these, the text 'A1' is written in a large, bold, black font, followed by 'SCRAP' in a very large, bold, black font. A thick green horizontal banner spans the width of the image, containing the text '£200+' in a large, white, bold font, followed by 'Guaranteed' in a smaller, white, bold font. Below the banner, the text 'Any Vehicle • Same Day Collection' is written in a bold, black font. Below this, a bullet point is followed by 'Certificate Of Destruction Available' in a bold, black font. Below that, the text 'Cars, Vans & Japanese' is written in a bold, black font, followed by 'Wanted' in a bold, black font. At the bottom, the phone number '01268 350114' is written in a large, bold, black font. A small asterisk at the bottom left indicates '* Subject to condition of vehicle'.

**WE GUARANTEE
TO PAY
£190+ **
**FOR ANY SCRAP VEHICLE
SAME DAY COLLECTION**
07867 591 090
WE PAY WHAT WE SAY

Yellow Motors
ANY TYPE OF
VEHICLE WANTED
Scrap or Not,
Guaranteed £100 Minimum
Friendly, polite, 7 day service
7.00am-11.00pm
020 8594 6661
07963 203 528



SINGLES

Call **FREE** 0800 121 4209

You are 6 times more likely to receive replies if you submit a photo! Once you have placed your advert, test your solo picture along with your 6 digit mailbox number (space) 4 digit pin number under your photo, to 0779 366 0363. Or send by email to support@mediak.co.uk with your Mailbox & pin number.

REPLY NOW! 0905 436 0258*

If an advert has a **fl** next to it you can reply by text message. Simply text **HAYA** followed by the box number of the advertiser you wish to respond to plus your message and send it to **78850***.

RETRIEVE MESSAGES 0905 436 0260*

GET PHOTOS!

Ads with a **W** symbol have a photo of the advertiser. Simply text **PICT41** (space) the advertisers mailbox number and send to **88833*** For help call **0844 800 1188**. Mon-Fri, 9 to 5 email us at support@mediak.co.uk

visit us online at **www.yellowadvertiser-dating.co.uk**

reserve the right to contact individual
(24/7) 0845 869 7570. **DATA PRO**
you provide and may send you de
or PhonePayPlus for regulatory pu

SECTION: Service provided by JMedia
 details of other services and events open
 purposes. **WC 060611**

out of all marketing messages text S
JK PO Box 56394, SE1 OWT, 0844 8
ed by us. We may pass your details

OP to 61115. Customer Helpline: 01188. We will collect the details into this newspaper for marketing

www.yellowadvertiser-today.co.uk

Minimum charge £9.00 • 9.00am-5.00pm

01708 742003 (AGENCY)

Yellow Advertiser
FOR FAST RESULTS

Yellow Advertiser
FOR FAST RESULTS

Fully insured
100% guarantee
0800 0407 249
07910 671 320

Yellow Advertiser
FOR FAST RESULTS


Yellow Advertiser
FOR FAST RESULTS

Fully insured
100% guarantee
0800 0407 249
07910 671 320

Yellow Advertiser
FOR FAST RESULTS

Central Heating

BOILER, HEATING & GAS ENGINEERS



58632
041434

- ◆ Full Installation & Repairs
- ◆ Boiler Replace & Servicing
- ◆ Power Flush & Descaling
- ◆ Satisfaction Guaranteed

No Call Out Charges & Free Estimate On Installation

Tel: 020 8553 2700 Mob: 07860 288647 Fax: 020 8553 2708
AMR Heating Ltd
www.amrheating.co.uk

Gardening (Home Serv)

Electrical Services

FREE SURGEONS

www.lewisreecontractors.co.uk

✓ ALL ASPECTS OF TREE WORK AND SURGERY UNDERTAKEN

FREE ADVICE & ESTIMATES

- ✓ STUMP GRINDING and REMOVAL
- ✓ FULLY INSURED FAMILY BUSINESS
- ✓ PROFESSIONALLY CERTIFIED NPCT ARBORIST



FREE PHONE 0800 028 9077
225 Langridge Lane, London N18 2TG

IMMERSIONS HEATERS

SOCKETS, LIGHTS, COOKERS
INSTALLED, FAULT FINDING,
SMALL JOBS 02085515595

People who look in this paper are ready to buy. ADVERTISE TO THEM!

RAINHAM SHEDS

Log cabins now on display

Delivered and assembled free. Open 7 days a week.

SHIPLAP OR T.G.V. NO DEPOSIT REQUIRED!

6x4	pent or apex	£284.00
7x5	pent or apex	£345.00
8x6	pent or apex	£389.00
9x6	pent or apex	£505.00
10x6	pent or apex	£545.00
10x8	pent or apex	£680.00

MANY MORE SIZES MADE TO ORDER. ALL PRICES INCLUDE VAT.

Find us on the London-bound A1306 New Road
Some sheds in stock, available for collection.

*ESTABLISHED 25 YEARS MANUFACTURING GARDEN SHEDS
New Road, Rainham, A1306 • 01708 557 819
www.rainhamsheds.co.uk

Roofing & Guttering

Leaking flat roof?

We have the **SOLUTION !!**

E.P.D.M Rubber Roofing	Felt	
No joins	✓	✗
No seams	✓	✗
No leaks	✓	✗
Approved installers	✓	✗
Best prices	✓	✗
20 year guarantee	✓	✗

We also undertake:
Upvc Fascias, soffits and guttering
Replacement and repair



For free advice and quotation Freephone
0800 389 6598 mob: 07961 425001
Show this ad for genuine 10% discount

Plumbing & Heating

Skip Hire / Rubbish Removal

LOCAL PLUMBER

15 years' experience.
No job too small.
No call out fee.
All work guaranteed
020 8593 5329

RUBBISH CLEARANCE

Driver loads,
7 day service,
established 30 years,
Tel 0208 500 8159
or 07956 360753

YellowAdvertiser FOR FAST RESULTS

Skip Hire / Rubbish Removal

RUBBISH CLEARANCE

Big Reductions For July

Guaranteed Cheapest Rates

Free Estimates Fully Licensed

07506 041 907
07903 065 061

A B C SKIP HIRE

2, 3, 4, 6, 8, 12 yds
Skips
Same Day Service

01708 474 940
0800 955 4940

L.L. RUBBISH CLEARANCE

No job too big or small
Fully licensed waste carriers
FOR A FREE ESTIMATE CALL LEN

07511 609 335

YellowAdvertiser FOR FAST RESULTS



SKIP HIRE
01708 865599

Windows & Doors

DOUBLE GLAZING PROBLEMS?

Complete repair and maintenance service for

- Leaks
- Broken or misty sealed unit
- Locks
- Draughts
- Rubber Seals
- Hinges

We also offer a complete new window + door service.
Conservatories our Speciality

GLASS & GLAZING 020 8590 7733

Adult Chat Line



Chat, Flirt and have Fun! Join the Party

Men call **0845 399 6535**

Women call FREE on **0800 039 4540**

BIG PARTY TONIGHT 10pm to 1am
100% of genuine girls online

18+ - Calls to 0800 are free. Calls to 0845 cost 20p/min from a BT landline. Other networks and mobiles may cost more. SP inflated PO Box 7905 Essex CM8 9XK 0870 733 0600



LIVE 121 SEX CHAT 36P

STRAIGHT THRU!
0909 860 6682

81 Media PO Box 454 M1 6GU. Recorded & 18yrs+ network only. Over 16. No text and porno msg. Helpline 0844 686 1206



CHEAPEST FILTH 36P

XXX RATED LIE BACK & PLAY GET OFF LIVE
0982 505 1774

Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages. 18+ only. LiveLines Ltd PO6538 NN2 7YN. Help 08448714497.



MATURE LADIES LIVE 36P

SEX PER MINUTE YOU'LL LOVE IT CALL NOW XXX
0909 864 1041

Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages. 18+ only. LiveLines Ltd PO6538 NN2 7YN. Help 08448714497.



40+ WOMEN LIVE CHAT 36P

ONLY per min
0983 050 7230

18+ - Calls recorded. 09830 per min from a BT landline. Network extras apply. SP-CWLC. Helpdesk 0844 955 4495.



36P CHEAP PHONE SEX

LIE BACK & PLAY
0909 864 1381

Calls cost 36p per minute + network extras. Calls recorded. Mobile users may receive free promotional messages. 18+ only. LiveLines Ltd PO6538 NN2 7YN. Help 08448714497.

Personal Services

SONYA VISTING ESCORTS

6pm - 6am
07415 503 9824

Personal Services

NOTICE TO READERS

Yellow Advertiser, London & Essex Newspapers advises readers that the content of the advertisements in this section relate to products and services of an adult nature. We accept these for publication in accordance with guidelines issued by the Newspaper Society and the Advertising Standards Authority, together with our own policies and procedures. If you have any concerns or comments about the nature of the material in this section, or complaints about specific advertisements, please contact:
Scott Wood on 01268 503400 or write to Yellow Advertiser, Acorn House, Great Oaks, Basildon SS14 1AH

YOUNG ONES VISITING ESCORTS

7pm till 7am
01702 557 444

VOGUE ESCORTS Escort Agency

24/7
30 Minute Arrival
020 8361 7000
Call now for website details
New faces welcome:
07534 268 444

GLAMOUR GIRLS



7pm till 7am
01702 556 500
VISITING MESSAGE
Call for Website details
Girls Required

Angels

24 Hour Visiting Massage Places for Faces High Quality Escorts Drivers Required

07599 752 768

ADULT INTERESTS

Calls cost £1.53 per/min at all times. TEXT 87070 cost £1.50 per message. Mobile call charges may vary. JMedia UK, London SE1 Q9X. wc 110771

Simply dial the number below the advert!

ATTRACTIVE Asian female, genuine, caring, loving, OHAC, WLTM N/S male for relationship, 38-65yrs. Race unimportant. Tel No: 0906 500 6358 Box No: 370037

39YR old attractive singleton looking for a nice man to enjoy adult conversations romance and plenty of TLC. Age/looks unimportant. Tel No: 0906 500 6358 Box No: 370035

CAROL 40's young at heart female looking to start to live life again, looking for younger male to make me feel special. Tel No: 0906 500 6358 Box No: 370033

25YR old tall green eyed female, looking for male up to 40yrs for fun meets. Discretion assured. Tel No: 0906 500 6358 Box No: 370049

ATTRACTIVE blonde lady, confident, solvent, OHAC, property abroad, WLTM honest tall male for friendship, good times and maybe more. Tel No: 0906 500 6358 Box No: 370047

TRACY blonde blue/green eyed tall slim female, GOSH, enjoys cosy nights in with good company, WLTM easygoing guy. Looks unimportant. Tel No: 0906 500 6358 Box No: 370045

LOVING fun caring 36yr old tactile female with many likes and interests, looking for tactile, fun male to enjoy loving relationship. Tel No: 0906 500 6358 Box No: 370043

DIVORCED very lonely single mum, young looking, slim, attractive, WLTM similar male for companionship. Age, looks/Status unimportant. Tel No: 0906 500 6358 Box No: 370023

TANNED brunette, confident, slim, and enjoying life to the full, looking for male up to 43yrs for fun. Status unimportant. Tel No: 0906 500 6358 Box No: 370041

CURVY sporty female, 35, tall, leggy and blonde, cultured, classy WLTM mature male, 40-65yrs who is special enough to share my life. Tel No: 0906 500 6358 Box No: 370039

36YR old single blonde female, attractive with very good figure, WLTM mature male for discreet meets. No time wasters pls. Tel No: 0906 500 6358 Box No: 370015

YOUNG at heart lady with lots to offer Mr Right, looking for open minded special male for adult fun times. Tel No: 0906 500 6358 Box No: 370013

DIVORCED lonely single mum, blue eyes, employed, OHAC, lots of interests, looking for someone to enjoy life with again. Any age/looks. Tel No: 0906 500 6358 Box No: 370011

NURSE with a little extra time on her hands looking for genuine romantic man with GSOH to enjoy fun times. Tel No: 0906 500 6358 Box No: 370019

29YR old large black female with very large bust size looking for much older male, up to 70yrs, for naughty friendship. Tel No: 0906 500 6358 Box No: 370017

ATTRACTIVE working girl, great personality, pretty, looking for similar professional who also does not have time for a full time relationship. Tel No: 0906 500 6358 Box No: 369215

BEAUTIFUL 33yr old female, long blonde hair, likes clubbing, nights out, holidays, seeking fit stylish guy with similar interests. Tel No: 0906 500 6358 Box No: 369213

I'M Gorgeous, lively and an outrageous flirt seeking a similar professional who thinks he can handle me, fun times guaranteed. Tel No: 0906 500 6358 Box No: 369223

STUNNING full figured blonde nurse, 32, funny and romantic, WLTM uncomplicated, reliable male, 50-65yrs for companionship and more. Tel No: 0906 500 6358 Box No: 369221

26YR old social pretty blonde with baby blue eyes and great figure, seeks outgoing, fun, spontaneous male for friendship/more. Tel No: 0906 500 6358 Box No: 369219

I'M attractive, passionate, very tactile with an hourglass figure, looking for no strings fun and good times. Can you help? Discretion assured. Tel No: 0906 500 6358 Box No: 368889

SENSUAL tactile, attractive female, long blonde hair, blue eyes, loves travel, wining/dining, WLTM genuine male for mutual companionship. Looks unimportant. Tel No: 0906 500 6358 Box No: 368887

PETITE blonde, 38, OHAC, loves the outdoors, seeking man with a bit of get up and go to make life a lot more interesting. Tel No: 0906 500 6358 Box No: 368885

VOLUPTUOUS dark haired female 25yrs, a little shy at first, looking for understanding man to enjoy special times with. Age/looks unimportant. Tel No: 0906 500 6358 Box No: 368887

JAN 35yr old blue eyed blonde, outgoing, friendly, WLTM passionate guy to share good wine, good conversation, flirting and fun times. Tel No: 0906 500 6358 Box No: 368881

YOUNG looking blonde Russian lady who loves music, dancing and romancing seeks intelligent broomrinded gent. Looks/status unimportant. Tel No: 0906 500 6358 Box No: 368881

FUN feminine, fit, slim green eyed trendy brunette, not looking for Mr Perfect, just someone nice 40-65yrs. Call me. Any age/Status. Tel No: 0906 500 6358 Box No: 368881

BEAUTIFUL 30's brunette looking to share fun times, romance and love with special male also looking for adult companionship. ACA. Tel No: 0906 500 6358 Box No: 368877

PRETTY blue eyed blonde 23, OHAC with a definite naughty side, seeking man 20-40 who loves ladies curves. Looks/size unimportant. Tel No: 0906 500 6358 Box No: 368875

AFFECTIONATE female seeks warm hearted kind guy, if he exists, for good conversation, fun times, laughs and lust. 40-67yrs Tel No: 0906 500 6358 Box No: 369197

SHY brunette 22, perfect size 10, blue eyes, 5ft 2ins, own car, seeks older male to cosy up with, must be able to accommodate. Tel No: 0906 500 6358 Box No: 369193

CURVALICIOUS green eyed blonde, 39, fit, active and bored with own company, seeks spontaneous male for discreet meets. Any Status/age. Tel No: 0906 500 6358 Box No: 369191

LOOKING for the right chemistry with country loving gent who like me is looking for some extra fun in their life and is not afraid to get dirty. Tel No: 0906 500 6358 Box No: 369195

BORED black beauty 39, lonely and dying to meet someone who can pamper and be pampered in return. 40-70yrs call me, I'm waiting! Tel No: 0906 500 6358 Box No: 369203

STUNNING mixed race female, 23, petite, big brown eyes, long black hair seeks tactile older white male up to 67yrs for companionship. Tel No: 0906 500 6358 Box No: 369201

LOVELY beautiful curvy black female 39, WLTM sexy white male for uncomplicated fun friendship, single dad welcome. ACA. Tel No: 0906 500 6358 Box No: 369217

LOVELY young single mum, brown hair, striking green eyes, looking for romantic man to show her some much needed attention. Tel No: 0906 500 6358 Box No: 367321

FED up with lonely nights in! 33yr old curvy brunette with green eyes WLTM someone 35-50yrs for TLC maybe more. Tel No: 0906 500 6358 Box No: 368913

BEAUTIFUL blue eyed blonde, 26, slim and all a man could ever want, looking for discreet evening fun with older male. ACA. Tel No: 0906 500 6358 Box No: 368911

If you like the sound of an advert - then see their picture on your mobile!

if an ad has a 📱 next to it, then the advertiser has sent in their photo. To receive a copy of the photo to your mobile phone, all you have to do is text: **HOTPIC(space)mailbox number** and send to **87070**.

YellowSport

Have you got a sports story?
Call the Sports Desk on
01268 503400 or fax us on
01268 503480.
You can also e-mail us at
Sport@YellowAd.co.uk

For more news, sport, letters, comment, jobs, motors and more visit www.yellowadvertiser-today.co.uk

England star Cole backs Mitchell against Murray

Boxing

ENGLAND and Liverpool footballer is predicting a 'cracking fight' this weekend when Kevin Mitchell takes on John Murray.

The former West Ham player is a big boxing fan and was ringside last year at Upton Park supporting Mitchell in his world title challenge against Michael Katsidis.

With the switch of date for the Mitchell-Murray bout, Cole will miss the big Battle of Britain showdown because he will be on a pre-season tour in Singapore with his Liverpool team mates, but he will be keeping a close eye on the internet for the result.

"It's a big fight for Kevin and he's going to have to dig deep in this one against John, who's a good tough fighter," said Cole.

"Both guys are real warriors and the top boys in Britain, it's been waiting to happen for a while now, I reckon it will turn out to be a really cracking fight.

"Of course, I'm mates with Kevin so I'm siding with him. I was at Upton Park last year supporting him in his world title fight against Katsidis which didn't work out for him, but he can be a clever boxer, as we saw against Breidis Prescott, and he could be too mobile and fast for John."

Mitchell and Murray's bout takes place at the Liverpool Echo Arena on Saturday.

The card is headlined by Ricky Burns' WBO World Super-Featherweight title defence against Nicky Cook; Tony Bellew's Commonwealth Light-Heavyweight title defence and challenge for the vacant British title against O'Connell McKenzi; Frankie Gavin's WBO Intercontinental Welterweight title defence against Curtis Woodhouse, plus a massive undercard.



Picture by Gianluca Di Caro

American Football



Win for Spartans

ESSEX Spartans American football team returned to winning ways with a dominant performance to sweep aside divisional foes Maidstone Pumas 50-0.

The Spartans were looking to bounce back following their defeat to Watford, and dominated every aspect of the game against the Pumas, scoring a total of seven touchdowns on their way to completing an undefeated home season.

In a match that saw the Billericay-based Spartans debut their new white kit for 2011, running back Oli Huke began the rout with a bulldozing run for six points. Quarterback James Dawson connected with receiver Jon Tottman for the touchdown and then with Andy Clarke for the conversion to extend the Spartans lead to 15-0.

Spartans linebacker James White returned an interception for another score, and with Steven Hull converting, the Spartans led 23-0, a lead Hull extended shortly after with a long run to give the home team a halftime advantage of 29-0.

Ross Sauvage scored his first touchdown of the season in the third quarter, and with Hull and Tottman each scoring again in the fourth, the Spartans destruction of their rivals was complete, much to the delight of Head Coach Marc Saunders.

The Spartans travel to face Division-topping Kent Exiles on Sunday, July 24, knowing that victory will give the team one hand on the Divisional title and a place in the end-of-season playoffs.

For more, visit the teams website at www.essexspartans.co.uk.

Wanstead extend their lead as challengers held to draw

Shepherd Neame Essex Cricket League

PREMIER DIVISION

WANSTEAD extended their lead at the top of the Premier Division as they beat Hainault & Clayhall while rivals Brentwood drew.

The leaders made a quick start at home to Hainault, restricting the visitors to 56-5 at one point. However, Imran Qadir steadied the ship with an unbeaten 106 as Hainault ended on 202 all out with Zain Shahzad and Mohammed Fayyaz Khan each taking four wickets.

However, it proved far too easy with the bat for Wanstead with Arfan Akram's unbeaten 116 and Adnan Akram's 43 guiding them to an eighth-wicket win.

Brentwood went to Woodford Wells and seemed to be on track for victory after Aaron West (73) and Michael Pollard (87) helped them to 258-7 in their overs.

Wells proved to be made of stubborn stuff, though, with six players scoring more than 20 runs including Rehan Iqbal's 57, as they ended the match on 218-8.

Colchester & East Essex had the chance to close the gap on Brentwood, but fell foul of Ilford.

Atamad Ul Haaq's 113 helped Colchester to 216-9, but the Ilford attack proved too strong with Mazhar Malik (49), Modassar Ibrahim (72) and Sohail Idrees (50) guiding them to a six-wicket win.

A late knock of 82 from ninth man Mark Drain helped Chelmsford reach a respectable 202 against South Woodford, for whom Harry Shirt took 5-41.

Chelmsford needed the win to keep in touch with the 'safe' zone and they got it despite Max Shirt's 99 as South Woodford were bowled out for 190.

Ardleigh Green won their match at Loughton by 27 runs. Bilal Butt took 5-69 as Ardleigh were dismissed for 221, but they worked their way through the Loughton order to win.

DIVISION ONE

BUCKHURST Hill picked up a two-wicket win over Harold Wood to keep them top of the pile.

Wood put up little resistance as they were dismissed for 141, a total that Buckhurst passed despite Rizwan Qureshi's 5-67.

Shenfield remain in second after

their narrow victory over Fives & Heronians. Elliot Richtor (59) helped Shenfield to 181, but Neil Braithwaite put on 71 for Fives as they made a game of it. Arshad Ali took five wickets for Shenfield including that of Braithwaite for the win by four runs.

Jimmy Neesham was the star man for Upminster as they beat Chingford by 21 runs. He took 7-43 as Chingford were bowled out for 175 in response to Upminster's 196 all out.

Orsett are in fourth spot after their 37-run win over Hornchurch. The visitors posted 182 for Hornchurch to chase, but they fell well short.

Gidea Park & Romford move off the bottom after a six-wicket win over Hadleigh & Thundersley.

It was a dismal showing from Hadleigh with the bat as they were dismissed for just 86 and Gidea Park cruised to victory.

DIVISION TWO

SOUTHEND-on-Sea & EMT took over at the top of Division Two after a win for them and a surprise defeat for previous leaders Harlow at the weekend.

Numan Khan's 43 was the top score

for Southend as they put up 186-8, but local rivals Westcliff were poor in reply and were all out for 104.

Harlow hosted to bottom club Hutton expecting a win and even after the visitors posted 174 - Hugh O'Dell (52) and Nick Varner (51) - they would have been confident of a win.

However, the wickets tumbled and they were bowled out for 100.

Third-placed Walthamstow put up 163 for Leigh-on-Sea to chase, but the home side fell short and were beaten by 51 runs.

Liam Hubbard took an amazing nine-wicket haul as Hornrdon on the Hill bowled out Old Southendian & Southchurch for 159.

He was not quite so prolific with the bat, being bowled out for four, and his team mates followed similarly with Hornrdon all out for 124.

A keenly fought contest at Patmore Memorial Sports Ground saw Wickford overcome visitors Stanford le Hope by six runs.

Wickford put up 209-8 in their overs and then Asif Abbas helped himself to five wickets as they sealed the win.

DIVISION THREE

THINGS are very tight at the top with

four teams being separated by four points after this weekend's fixtures.

Basildon & Pitsea are top after a comprehensive win over Epping. Phillip Tooke (91) and Ben Munday (59) helped Basildon to 268-8 and Lee Lewis then took 5-51 as Epping were bowled out for 105.

Benfleet are level on points with Basildon after their 102-run win over struggling Ongar.

Andrew Scott (48) and Gareth Stead (87) helped Benfleet to 218, and they then skittled Ongar for 116.

West Essex are third after their 61-run win over Woodford Green. Having put up 178 for Green to chase, West Essex bowled them out for 117.

Billericay could have gone top with a win over Belhus and they set a decent total for their visitors to chase. Stuart Hynes (53) and Paul Walter (64) put them on their way to 224.

However, Danny Joyce's superb 123 not out - assisted by Joe Joyce's 42 - saw Belhus win by three wickets.

In the battle of the 'Olds', Brentwoods got the better of Parkonians by five wickets.

Muhhamad Asif's 5-7 restricted Parkonians to 115 and the win was all but a formality.

LANDLORDS

RENT YOUR PROPERTY WITH NO HASSLE!

GUARANTEED RENTS

1-5 YEAR CONTRACTS

NO AGENCY FEES

NO VOID PERIODS

MAKE THE SMART CHOICE
AND CALL US TODAY ON

020 8482 5511

OR VISIT OUR WEBSITE AT

www.smarthousinggroup.com


Smart
housing group
EST. 1980



GUARANTEED RENT SCHEMES • NO COMMISSION